



FREDERICK COUNTY GOVERNMENT

OFFICE OF THE COUNTY EXECUTIVE

Jessica Fitzwater
County Executive

News Release

FOR IMMEDIATE RELEASE
JANUARY 23, 2024

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Frederick County Goes Red for Heart Health Month

FREDERICK, Md –Frederick County is going red in support of American Heart Health Month. During the entire month of February, the County will be launching several events to encourage a #HeartHealthyFC. Several government agencies and partners will be participating.

“I am so proud of and grateful to the various divisions and community partners who have joined us to launch our first-ever Heart Healthy Frederick County campaign,” County Executive Jessica Fitzwater said. “Heart disease claims more lives each year in the United States than any other cause of death. This campaign is great way to increase awareness and encourage interconnectedness in the name of health.”

Heart Health Month events include:

- [Hands-Only CPR](#) non-certificate classes sponsored and taught by Frederick County Division of Fire and Rescue and hosted by Frederick County Parks and Recreation.
- [We Heart Storytime!](#) sponsored by Frederick County Public Libraries and featuring Frederick County 9-1-1 employees.
- [Heart Health – Veg It Up!](#) cooking classes for kids and adults sponsored by Frederick County Parks and Recreation.
- [Mental Health and Heart Health](#) class for ages 50+ sponsored by the Frederick County Division of Aging and Independence and taught by Estelle Dupree, LCPC, LC-ADAS Therapist with the Frederick County Health Department.

The public is invited to participate by wearing red in honor of Heart Health Month on Wear Red Day, which is February 2. For more information on Heart Healthy FC, including the full calendar of events, visit www.FrederickCountyMD.gov/HeartHealthyFC .

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